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LUNA CAFE {page 24}



ROCKET MAN

IT'S A DREAM COME TRUE FOR GLEE STAR {page 13}



OTTAWA

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Tuesday, May 31, 2011
www.metronews.ca



News worth sharing.



Bees swarm ByWard

► Huge cloud of insects descends on Clarence Street ► City workers use insecticide to disperse swarm

Yesterday was a great day to spend on a patio with a drink — and patrons of The Black Thorn in the ByWard Market decided to stay and enjoy themselves, despite the swarm of hundreds of bees nearby.

"No one really panicked," said bartender James Gallant. "We had people stay for an extra round of drinks just to see what would happen."

At about 12:45 yesterday, a swarm of bees "came out of nowhere" and started flying around outside of the restaurant on Clarence Street in the market.

"Then they settled down on one of our guest's bikes and crawled all

"There were a few people we saw walking down the street — they didn't realize what they were about to walk into — and then they turned around and ran away."

JAMES GALLANT

over that," said Gallant, adding that the bike was about 10 feet away from the patio where people were drinking.

Police and city officials came and eventually dispersed the swarm, he said. ■ JESSICA SMITH

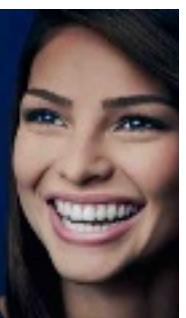
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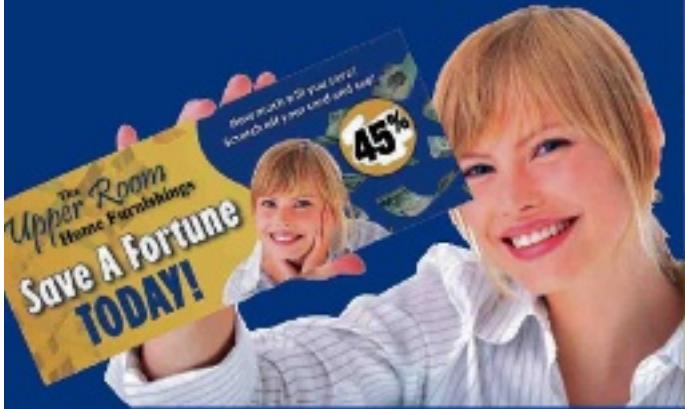
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News in brief

Police call off body search

BOATHOUSE SIGHTING. Police and fire-service water teams searched the Ottawa River for hours in vain yesterday after someone spotted what they believed to be a body and notified police. The sighting took place at about 4:30 a.m. somewhere near the New Edinburgh Boathouse. The police search covered the area from the boathouse east to Cumberland.

• JESSICA SMITH

Gas suspected in ailment

OBSTRUCTED VENT. Paramedics treated a 59-year-old man and a 48-year-old male Ottawa firefighter for light-headedness possibly related to carbon-monoxide exposure yesterday after they spent time in the older man's basement in rural east Ottawa. Both men were conscious and alert when paramedics arrived. They're in stable condition in hospital. Ottawa Fire Services found low readings of carbon monoxide in the basement. They believe the vent on a propane-fuelled hot-water tank was partially obstructed. It has not yet been determined if the symptoms were a result of heat exhaustion or carbon-monoxide exposure. • METRO



► People who love paper tend to miss mail the most, says Gary Stern, co-owner of Paper Papier in Byward Market.

Residents brace for possible postal strike

► Union to walk off the job Thursday at one minute before midnight if contract not settled ► Mail users scramble to come up with alternatives



JESSICA SMITH
@METRONEWS.CA

Almost 50,000 Canada Post employees will strike this week if their union does not reach a deal with the Crown corporation. But some Ottawa residents who use snail mail say they aren't too worried.

A strike would be a pain for Angela Swann, who hasn't quite finished sending out the invitations for her destination wedding in Punta Cana this November.

"There are still a lot of people who use mail."

GARY STERN, CO-OWNER OF PAPER PAPIER, WHO BELIEVES CANADA POST SHOULD BE CONSIDERED AN ESSENTIAL SERVICE

Fortunately, she has a backup plan.

"We created a website, so we're just going to email and let people know, send mass emails to everybody that if they could RSVP to our website, that would be

an alternative," she said.

However, she says a mass email isn't quite as nice as a pretty, personalized card.

"We love getting the RSVPs back," she said. "And traditional mail is part of the tradition of sending out wedding invitations. I know, especially the great aunts and uncles and older folk, they love getting the actual invitation. I don't think they'd appreciate getting invited over email."

People who work and shop at Paper Papier, a spe-

cialty store in Byward Market, have been talking about the looming strike, co-owner Gary Stern said.

"A lot of people say if there's a strike they will hand-deliver their letters or give their father his Father's Day card when they see him," he said.

Stern will be affected by a strike because he pays all of his suppliers by cheque, which he sends by mail, he said. If the strike goes on for a long time, he may work out how to pay suppliers by credit card.

1

news



Beneath Jerusalem, a massive — and controversial — underground city takes shape. Scan code for story.

To scan 2D barcodes in Metro, download the free ScanLife app at 2dscan.com.

On the web at metronews.ca

The Canadian Press has issued an advisory for the Enchiladas Roll Ups recipe in last Thursday's Metro. People should ensure their slow cooker stoneware can be used on the stovetop before attempting the recipe.

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Changebook numbers come under Liberal fire

► Conservatives counter by saying their platform promises are fully costed ► One Tory promise states the HST will be taken off hydro and home-heating bills



JOE LOFARO
@METRONEWS.CA

Only a day after Ontario Progressive Conservative Leader Tim Hudak revealed his party's platform, called the Changebook, it was already drawing fire from Premier Dalton McGuinty's Liberal cabinet.

Infrastructure minister and Ottawa West-Nepean MPP Bob Chiarelli, attacked the platform yesterday during an unrelated high-tech funding announcement.

"There's a \$10 (billion) to \$12 billion cost to what he has put on the table,"

said Chiarelli at a press conference yesterday. "(Hudak) simply cannot deliver on health care; he cannot deliver on education with the fictional numbers that he has put on the table.

"When you take the veil of the rhetoric and anger off of Tim Hudak, the numbers don't add up," said Chiarelli.

The Changebook promises to help Ontario families by cutting taxes and boosting healthcare and education funding.

"Changebook reflects where I come from and Changebook reflects, I think, the values of the

vast majority of Ontario families," Hudak said on Sunday.

The platform revealed some similar promises between the PCs and Liberals, such as expanding full-day kindergarten and balancing the deficit by 2017.

Jim Wilson, Tory MPP for Simcoe-Grey, said the numbers do add up and the plan is fully costed.

"We will balance the book by 2017, the same time the Liberals said they would," said Wilson.

"We'll be spending \$6.1 billion more in health and \$2.5 billion more in education."



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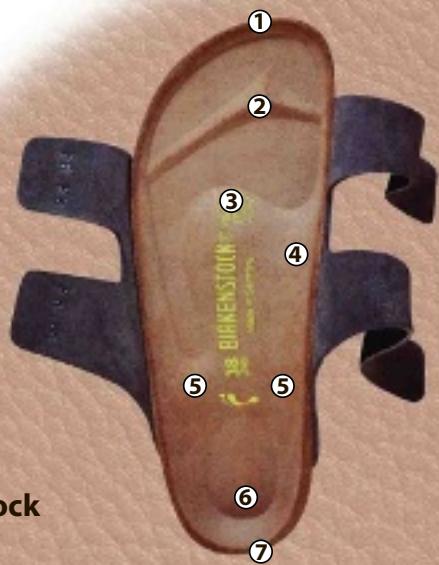
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PM salutes troops

Stephen Harper made the trip to the Kandahar region as Canada prepares to end its presence in the Afghan war.

Top Libyan brass defects

► Former officers from Moammar Gadhafi's regime urge others to jump ship ► Denounce both 'genocide' and 'violence against women'

Eight top Libyan army officers who have defected from Moammar Gadhafi's regime appealed to fellow officers yesterday to join the revolt to hasten the end of Gadhafi's 40-year rule.

Italian Foreign Ministry officials presented the five generals, two colonels and a major to reporters in Rome three days after they

fled Libya.

Former Libyan Foreign Minister Abdel Rahman Shalgam, who now backs the anti-Gadhafi rebels, told the news conference that the eight officers are "part of 120 officials who left and abandoned Gadhafi and are now out of Libya."

Italy, Libya's former colonial ruler, long had close

economic and diplomatic ties with Tripoli. But Rome was among the first Western nations to break with the regime and establish formal relations with the Libyan National Transitional Council that is representing anti-Gadhafi forces.

Gen. On Ali On read an appeal to fellow army officers, top police and security

officials "in the name of the martyrs who have fallen in the defence of freedom to have the courage" to abandon the regime.

Another general, identified as Yahmet Salah, told reporters that Gadhafi had only two brigades left that were allegedly carrying out the arrests and killings. **THE ASSOCIATED PRESS**

Yemeni leader's authority teeters

► More than 20 shot dead at protest camp ► Islamic militant groups seize town ► Former military officers call for army units to unseat president

Yemeni forces opened fire on a protest camp and killed more than 20 demonstrators yesterday in the southern city of Taiz while government warplanes launched airstrikes on another southern town seized by radical Islamists.

The new attempts to suppress the uprising against President Ali Abdullah Saleh with overwhelming force, following a weekend when high-level military defectors formed a united front in support of the protesters, all pointed to the longtime leader's increasingly tenuous grip on power.

Saleh has responded to protesters who say they seek democratic reforms with a mix of promised concessions and bloody crackdowns, such as yesterday's.

Yemen's weakly governed provinces are known as a haven for al-Qaida and other Islamic militant groups like the one that overran the southern town of Zinjibar last week.

Government jets bombed Zinjibar's outskirts

yesterday, the loud booms sending up columns of smoke, resident Ali Dahmis said by phone. He said the army was targeting residential areas.

The airstrikes were the government's hardest hit

yet against the Islamists since hundreds of them streamed in Friday, seizing banks and government buildings. Military units battled them overnight and into yesterday.

THE ASSOCIATED PRESS

Unrest resumes

In the past week, a U.S.-backed mediation effort by Yemen's powerful Gulf neighbours for President Ali Abdullah Saleh to leave power in exchange for immunity

from prosecution failed. Then five days of street battles in the capital between Saleh's security forces and fighters from the country's most powerful tribal alliance left 124 people dead before the sides reached a tenuous ceasefire.

THE ASSOCIATED PRESS



► Anti-government protesters chant slogans during a demonstration demanding the resignation of Yemeni President Ali Abdullah Saleh, in Sanaa, Yemen, yesterday.

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► Mayor Gregor Robertson

WILL MAYOR BET TO WRESTLE A BEAR?

JEFF HODSON
@METRONEWS.CA

Vancouver's mayor loves to bet other mayors on the Canucks' post-season fortunes. The last three years, he's disappointedly mailed off a picnic basket of local treats.

But thanks to the Canucks' playoff run, Gregor Robertson is living high on the hog (he's already won a ham from Nashville). But he seems to be running short of

HOME ICE ADVANTAGE



ideas for the Stanley Cup final and has taken to Twitter (@MayorGregor) for suggestions on what to bet Boston Mayor Thomas Menino.

Ideas so far: having the loser shave his head and — my favourite — wrestling with a bear or swimming with an orca.

JEFF HODSON IS MANAGING EDITOR OF METRO VANCOUVER

Canada tour for newlyweds

► Trip will mark the first visit to Canada for the Duchess of Cambridge

Two of the country's biggest summer shindigs will bookend Prince William and Kate's visit to Canada — a trip the government is expecting to be an international media circus.

The newlyweds will begin their first official overseas tour in Ottawa, where they will attend Canada Day celebrations, and end it with the Calgary Stampede, the world-famous annual hoedown in Alberta. There will also be stops in Quebec City, Montreal, Yellowknife, Charlottetown, and Summerside, P.E.I. (Kate is reportedly a big fan of Anne of Green Gables).

"This is part of what nation building is all about — hosting these kind of events," Heritage Minister James Moore said yesterday. "Hosting the duke and duchess is an honour for



► Their Royal Highnesses Prince William, Duke of Cambridge, and Catherine, Duchess of Cambridge, journey by carriage procession to Buckingham Palace following their marriage at Westminster Abbey on April 29 in London, England.

Canada and we look forward to having them visit all of these different regions."

Canadian taxpayers will be on the hook for costs associated with the visit. Moore said it would be un-

der the \$2 million shelled out for the Queen's last trip.

The tour is to begin June 30 and conclude July 8. A full itinerary will be released at a later date.

THE CANADIAN PRESS

85 MORE THAN 85 U.K. JOURNALISTS HAVE SIGNED UP TO COVER THE TOUR, WHILE ONLY 18 CAME FOR THE QUEEN'S LAST TRIP TO CANADA.

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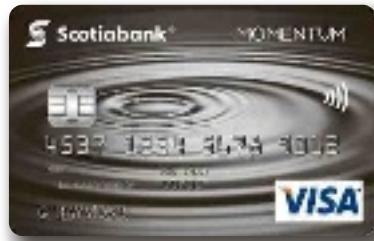
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First homegrown superbug puzzles

► NDM-1, a cause of urinary-tract infection, did not make patient sick ► Bacteria is drug-resistant

Canadian researchers have identified what appears to be the first domestically acquired case of an NDM-1 superbug.

An 86-year-old Ontario man was found to be carrying bacteria resistant to most antibiotics because of NDM-1, or New Delhi metallo-1, an enzyme that alters the DNA of various types of bacteria. NDM-1 is endemic in India and Pakistan and has spread worldwide due to global travel.

But the patient, who was admitted to hospital and then a rehabilitation centre after suffering a stroke last October, had not travelled outside southwestern Ontario for the last decade.



None of the man's family members or other close contacts were carrying the superbug, nor had any been to parts of the world where NDM-1 is widespread.

"So it's really unfortunately a mystery in terms of his source, and it certainly suggests that he acquired it

here in the southwestern Ontario region," said Dr. Susan Poutanen, an infectious disease physician at Mount Sinai Hospital in Toronto.

"So whether it was in Toronto, whether it was outside of Toronto, whether it was in hospital or whether it was in the community, at this point we really can't say," added Poutanen, principal investigator of a study on the case.

She said the case is not cause for public alarm but is meant to alert hospitals and labs not to dismiss NDM-1 as a cause of drug-resistant bacteria in patients merely because they have not travelled outside Canada. **THE CANADIAN PRESS**



Layton sloshes in Quebec

Sporting a pair of thigh-high boots, Jack Layton treading into floodwaters and into the controversy over Ottawa's response throughout the crisis.

Camera did not go off in Tory's pants, party says

A lewd photo posted on a PC candidate's Twitter account has led to a tongue-in-cheek request to ban BlackBerry smartphones in the legislature to "protect the privacy of members."

New Democrat Peter Kormos took the swipe after what the Conservatives say is an erroneous report that George Lepp's BlackBerry camera went off in his pocket and took a photo of his genitals, which was later tweeted from his account.

Tory spokesman Alan Sakach says no one ever thought the picture was Lepp's, and that he has no idea where the picture came from. He says the candidate's BlackBerry was stolen Saturday night as he left the party's convention. **THE CANADIAN PRESS**

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Germany to close all nuke plants by 2022

► Germany's seven oldest reactors, all built before 1980, shut down after problems at Fukushima ► Plants provided 40 per cent of nuclear power

Germany's governing coalition said yesterday it will shut down all the country's nuclear power plants by 2022. The decision, prompted by Japan's nuclear disaster, will make Germany the first major industrialized nation to go nuclear-free in years.

It also completes a remarkable about-face for Chancellor Angela Merkel's government, which last year had pushed through a plan to extend the life span of the country's 17 reactors — with the last scheduled to go offline in 2036.

But Merkel now says in-

dustrialized Japan's helplessness in the face of the Fukushima disaster made her rethink the technology.

While Germany was set to abandon nuclear energy eventually, the decision — which requires parliamentary approval — speeds up that process.

Germany's seven oldest reactors, taken off the grid pending safety inspections following the March catastrophe at Japan's Fukushima Dai-ichi plant, will remain offline permanently, Environment Minister Norbert Roettgen said.

The country's energy



"We want the electricity of the future to be safe, reliable and economically viable."

CHANCELLOR ANGELA MERKEL

supply chain "needs a new architecture," necessitating efforts in renewable energies and overhauling the electricity grid, Merkel said.

The determination of Europe's largest economy to replace its nuclear power with renewable energy sources makes it stand out among the world's major industrialized nations. Among other Group of Eight nations, only Italy has abandoned nuclear power, voted down in a referendum after the 1986 Chernobyl disaster, closing three operating reactors.

THE ASSOCIATED PRESS



► Chrysler Group CEO Sergio Marchionne, right, speaks with Finance Minister Jim Flaherty during a visit to a Chrysler casting plant in Toronto yesterday. They say it's too soon to tell whether the federal and Ontario governments will sell their shares in the recovering car company to Italian carmaker Fiat.

DARREN CALABRESE/THE CANADIAN PRESS

Shares with Italian flair?

Governments acquired 1.7 per cent of Chrysler shares two years ago as part of a bailout to help the company survive the economic downturn.

Market moment

TSX	Dollar	Oil	Natural gas
+ 32 (13,829.70)	+ 0.02¢ (102.34¢ US)	-21¢ US (\$100.38 US)	\$4.563 (+ 4.5¢)
			Gold contract \$1,539.10 (+ \$2.80)
SOURCES OF 5 P.M. YESTERDAY			

No glory for Canuck economy

Canada's economy expanded an impressive 3.9 per cent in the first three months of this year, but there was little cheering in markets with the performance.

Not only was the number slightly below the four per cent consensus expectation, but the elements of growth signalled a sharp brake in the economy ahead.

The most encouraging news in the much-awaited Statistics Canada report yesterday is that the last month of the quarter — March — saw a gross domestic pickup of 0.3 per cent, slightly above consensus.

"It's not just the headline that matters. It's the composition of (first-quarter) growth that is disconcerting," said Derek Holt, vice-president of eco-

102.35¢
Markets reacted negatively to the report initially, shaving one-tenth of a point off the loonie to 102.35 cents.

nomics with Scotiabank.

The composition included a heavy dose of production placed in storage, awaiting future sales, with inventory buildup accounting for three-quarters of the growth.

Meanwhile, consumers were in hibernation, contributing only 0.1 percentage points to growth, and net trade was a drag, with the solid 1.6 per cent rise in exports from the previous quarter swamped by a 2.2 per cent gain in imports. The bright spots were in business investment, manufacturing and housing.

THE CANADIAN PRESS

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Four Seasons' penthouse sells for \$28M

A Toronto penthouse apartment has been sold for \$28 million, setting a Canadian record.

The apartment occupies the top floor of a 55-storey residential building at Bay Street and Yorkville Avenue in one of the city's most posh shopping areas.

The penthouse is part

of a condominium development that will have a total of 210 private residences and a 253-room Four Seasons luxury hotel. The identity of the buyer was not revealed.

The property will be in the taller of two residential towers, which are currently under construction.

The apartment has about nine thousand square feet of living space and 12-foot-high ceilings, as well as four corner terraces with a view of Toronto's skyline.

The price includes a separate residence for staff, in the shorter 26-storey tower.

THE CANADIAN PRESS

CTV dishes plans for rebranding A channel

The CTV television network plans to rebrand its A channel stations this fall as the CTV Two network.

CTV's parent Bell Media says the new network will launch as the company transitions the stations to a high-definition signal.

The announcement was made yesterday at the start of "upfront" week, when many homegrown TV stations reveal their fall lineups in a bid to seek early ad deals.

Citytv announced its lineup yesterday. The Shaw schedule will be released today. THE CANADIAN PRESS

Sweet suites

The private residences range in size from 1,000 to 9,000 square feet and cost at least \$1.9 million each.

GIRLS' GUIDE TO SURVIVING NHL PLAYOFFS

SHE SAYS ...

JESSICA NAPIER
METRO



Say RIP to your relationship for the rest of the hockey season, ladies — your man is about to abandon you in favour of a bunch of bearded dudes on ice.

Yes, the seemingly impossible has happened; a Canadian team has made it to the Stanley Cup final. Now, it may not be "your" team, but the boys in blue and green are Canuck nonetheless, and that means that every Molson-blooded male will be taking up permanent residence on his bar stool/couch cushion of choice for the next two weeks.

A Canadian team hasn't taken home the cup since 1993, so, apparently, this is a pretty big deal. And with many hockey-loving lads still riding high off the 2010 Olympic gold medal win, it seems that people are excited about Vancouver's chances.

Personally, I feel pretty "meh" about hockey, but as someone who looks like Bambi out on the ice, I can appreciate the skill of the sport. Plus, there's fighting and beer; how is a girl going to compete with all the bruising and boozing the NHL has to offer?

Starting tomorrow, be prepared for an absentee other half or, even worse, a living room full of rowdy puck enthusiasts with very little regard for the noise level or the furniture.

Starting tomorrow, be prepared for an absentee other half or, even worse, a living room full of rowdy puck enthusiasts with very little regard for the noise level or the furniture.

Date nights will be replaced with double overtime. You will be subjected to endless recaps, stats and highlight reels. The sights

and sounds of Don Cherry's colourful blazers and grating commentary will permeate your nightmares.

And, of course, don't expect to score unless his team does. Your sex life is about to become heavily dependent on Roberto Luongo's goaltending. If the Canucks do lose, the phrase "It's just a game" will only worsen your chances with your moody bedfellow.

So what's the best strategy when dealing with hockey-night neglect?

Stay away. Plan field trips with fellow hockey widows and make peace with the fact that you might not have a meaningful conversation with your mate until the post-season ends.

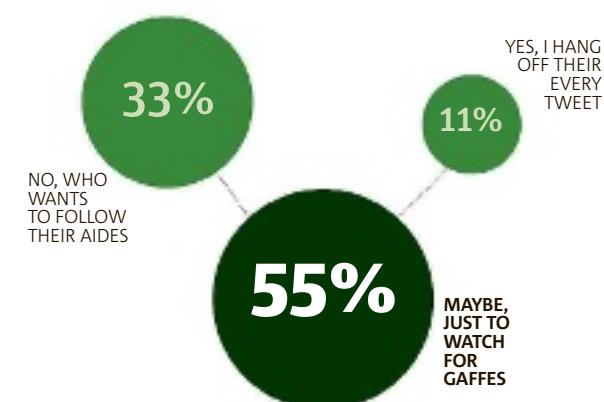
If you do find yourself staying in on game night, do your best to remember this simple commandment: Don't change the channel under any circumstances. It doesn't matter if it's The Bachelorette's "most dramatic rose ceremony ever" — if you even so much as glance at the remote during a commercial break you will be banished from your own home until after Game 7.

Read more of Jessica Napier's columns at metronews.ca/shesays



Register at metrolifepanel.ca and take the quick poll

Would you follow a world leader on Twitter?



Local tweets



► @Moumou_xox:

Chemistry test done; now I have a physics quiz to worry about ughh ... Summer can you come any faster?

► @PeterDudley:

It's muddy & buggy around Mud Lake right now. #Ottawa

► @scottayward:

Rollerblading has to be the dorkiest thing ever. If I ever participate, I will give up being hyper-critical forever. Promise.

► @snobiwan:

@ottawastart Aren't wasps generally solitary? If hornets or wasps swarm, that's casu-

alty territory.

► @anna_labandelo: Studying for Science and Geography. So many things happening this week. I just wanna go to Ottawa with @MAFlower29. AND FOR GRAD

► @KariAtkins: Good news: I am in Ottawa! Go Canada! Bad news: flight is delayed leaving here and it looks like we will miss the connection in Calgary.

► @punnero: Kate and William to attend the Calgary Stampede! Here is hoping they get them really drunk! #therealexperience

Letters

OTTAWA. Thank you, Ottawa! This weekend I had the opportunity to be both a spectator and participant in the National Capital Race Weekend and was amazed to see the outpouring of spirit from the community. The newly unveiled marathon and half-marathon courses were a tremendous success, bringing runners through such diverse and vibrant neighbourhoods as Westboro, Chinatown and Little Italy.

The proximity of the course to the fans allowed people to set up just about anywhere to cheer on the thousands of participants.

And how they cheered!

Needless to say, when I took the course for the half-marathon, I made certain that any extended hand along the course got a high-five in acknowledgement of their support.

Between the crowds, the signs and the support, you couldn't help but feel motivated to run forever! Or at least 21.1 kilometres.

Thanks, Ottawa, for a great weekend. See you all next year!

KARLIS BOUSE

Cartoon by Michael de Adder

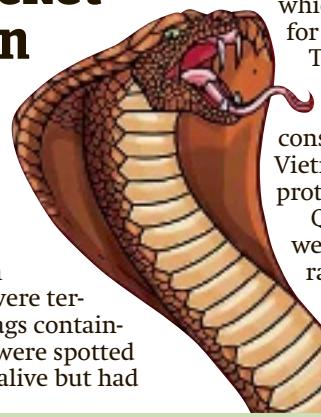


WEIRD NEWS

It was close to a one-way ticket to a kitchen

Railway officials recently discovered snakes on a train in Vietnam — highly venomous king cobras in bags under a seat.

Railroad official Pham Quynh said passengers were terrified when four cloth bags containing the writhing cobras were spotted Friday. The snakes were alive but had



their mouths stitched shut.

Quynh said the exact number of snakes was unclear, but the bags weighed 45 kilograms.

Security staff removed the cobras, which were likely destined for restaurants in Hanoi.

Their owner apparently escaped in the chaos.

Snake meat is considered a delicacy in Vietnam, but cobras are protected by law.

Quynh said the cobras were given to forest rangers who released them into the wild Saturday after no one claimed them.

THE ASSOCIATED PRESS

Morrison gets to sing with his idol

► **Glee star paired with Elton John for two songs on his new album**
 ► **Actor has been involved in music theatre since he was a teen**

 **KAREN BLISS**
SCENE@METRONEWS.CA

Glee star Matthew Morrison sings Somewhere Over The Rainbow with Gwyneth Paltrow on his self-titled debut album, but the dream he dared to dream, that really did come true, is singing with the legendary Elton John. The two recorded an epic medley of John's Mona Lisas and Mad Hatters and Rocket Man.

"I wanted to pay homage to one of my favourite songwriters," says Morrison, who had the good fortune to be in the studio with John for the tracking. "It was pretty surreal. I don't know how to describe it. I didn't really take in the moment until maybe a couple of days afterwards, where I was like, 'Did that actually happen?' It felt like a dream."

"I listen to that song now and his voice is so awesome, and then his voice fades out and then mine comes in and it's like, 'Woah!'"

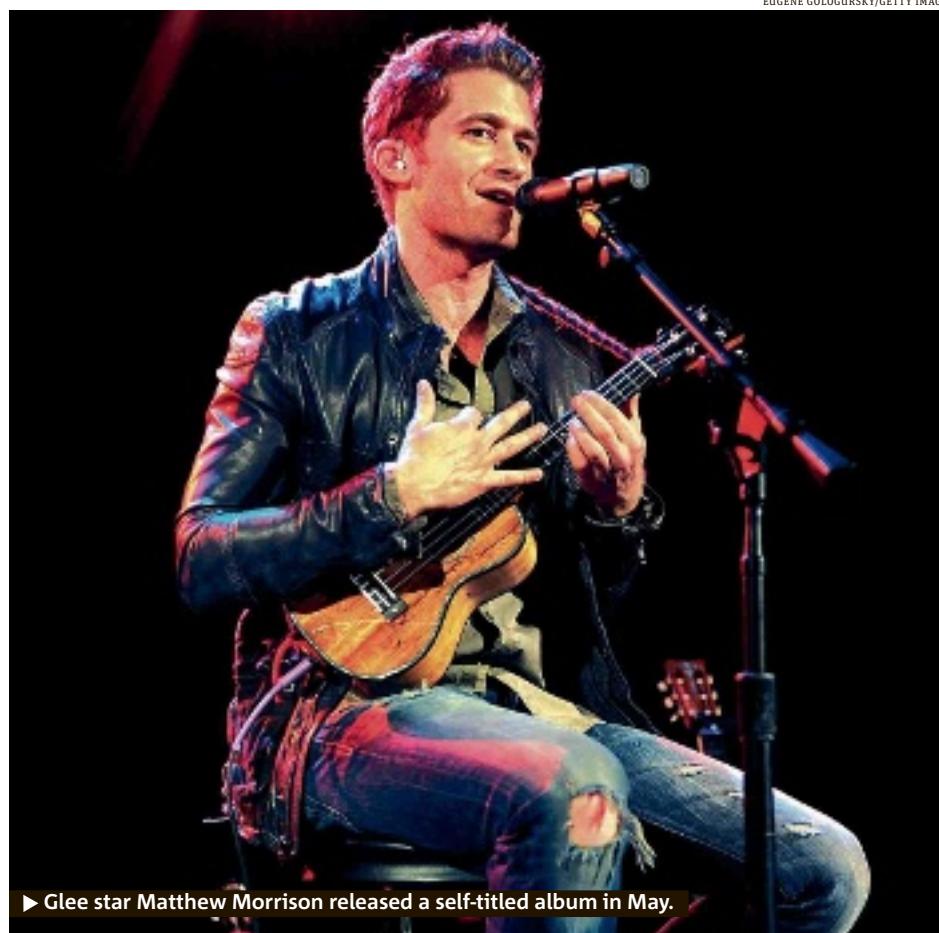
Boy band

► **LMNT.** Matthew Morrison reveals he was once in a boy band called LMNT, complete with matching outfits, but quit before ever recording with them. "You know as a performer when you're embarrassed to be onstage doing the wrong thing," he explains. "It felt so contrived. It was back in 1999 or something where you couldn't throw a stick and not hit someone in a boy band (laughs)."

Sting also joins him on Let Your Soul Be Your Pilot but the rest of the songs are solely Morrison. Some of the songs the 32-year-old co-wrote, including the album's lead single, Summer Rain.

"I thought that the first single had to start in a really kind of light poppy fun place," he says.

Morrison has worked in musical theatre since his teens and never before released an original album



► Glee star Matthew Morrison released a self-titled album in May.

(he's been on Broadway albums). He realizes his role on the hit TV series as teacher and glee club director Will Schuester has opened doors he wouldn't normally have on a debut

album, including bypassing club shows for theatres and an opening slot on the New Kids On The Block/Backstreet Boys tour.

"I have a whole band, an 11-piece band, a horn

section," he says of the costly configuration. "I want to do it right and luckily enough from being on Glee, I think I have more of a support system behind me."

2
scene

Scene in brief



PBS officials say hackers have cracked the network's website. The hackers apparently posted a phoney story claiming dead rapper Tupac Shakur was alive in New Zealand. The phoney story had been taken down as of yesterday.

THE ASSOCIATED PRESS



Colombian popstar Shakira says she's considering doing songs, maybe album, in Arabic. Scan code for story.



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► Canadian singer-songwriter Corey Hart with his protegee Marie-Christine.

Hart comes out of self-imposed exile

Corey Hart says that dozens of artists — including the high-profile likes of Sean (P. Diddy) Combs and Canadian songstress Nelly Furtado — have asked him for permission to recycle his '80s hits for new songs, and he's always said no.

That is, until he met Marie-Christine Depestre. The chanteuse — who shares Hart's hometown of Montreal and drops her surname when performing — was completely unknown before Hart scooped her up as the inaugural signing on his record label in 2007.

Her debut album came out this week, and the opening tune is *Girl in Shades*, a re-interpretation of Hart's star-making '84 smash *Sunglasses at Night*.

While Hart long resisted

allowing artists to repurpose his songs — the industry word is "interpolation" — he said this time, it simply felt right. And it helped that he was co-producing the track.

"All this time I've been saying no and not making any money — (and with) three (daughters) who want to play pro tennis, it costs a lot of money — and now I saw and understood the method to the madness: it was saved for her," Hart said this week in Toronto, with his protege seated next to him.

"So I rewrote lyrics and changed a few things in the melody and the structure, worked with a super-talented guy in DJ Champion ... and this lady sings it to heaven." **THE CANADIAN PRESS**

Citytv shows off its TV talent

► Network snatches TV shows from some big Hollywood names for next year's fall schedule ► Also bringing Canada's Got Talent north of the border

TV shows from Hollywood heavyweight Steven Spielberg, Lost creator J.J. Abrams and The Dark Knight writer Jonathan Nolan are coming to Citytv this fall.

The network's 2011-12 schedule features several buzzed-about programs, including Spielberg's long-awaited dinosaur drama *Terra Nova* and the Abrams thriller *Person of Interest*, written and co-produced by Nolan.

Abrams' prison drama, *Alcatraz*, is slated for a midseason debut.

Citytv is the first of the homegrown outlets to reveal its upcoming slate of shows, a spring tradition that typically involves a parade of new and returning stars as broadcasters seek early ad deals.

The actor who plays Manny on Citytv's returning hit sitcom *Modern Family* is among the celebrities expected to help preview the lineup, which includes six new dramas and five new comedies.

New dramas include *The Playboy Club*, *Revenge*, and the midseason series *Scandal*. New comedies include *2 Broke Girls*,



► Sarah Jones and Jorge Garcia star in *Alcatraz*, a new TV show created by *Lost*'s J.J. Abrams.

New Girl, *Suburgatory*, *Last Man Standing* and the midseason *Apartment 23*.

New Canadian series include Canada's Got Talent and *Secret Millionaire Canada*.

"We are excited to be launching a competitive schedule that balances the proven strength and stability of returning hits with innovative new programming," Rogers president Scott Moore said Monday in a release.

Rogers Media was reportedly the biggest Cana-

dian buyer of U.S. shows in Los Angeles last week, when the company sought fresh fare for its Citytv stations.

Its fall lineup includes four shows that previously aired on other networks — *Raising Hope*, *The Middle*, *Private Practice* and *Shameless*.

Shaw Media plans to reveal its Global TV lineup today while market leader CTV will announce its schedule Thursday.

CBC-TV details its slate June 8.

Citytv's schedule also features the return of dramas *Body of Proof* and *Fringe* and returning comedy series, *Happy Endings*, *How I Met Your Mother*, *Rules of Engagement*, *Parks and Recreation* and *Community*.

Rico Rodriguez, who plays the wise-beyond-his-years tween on *Modern Family* will be joined by *Happy Endings* principal Elisha Cuthbert during a presentation at a downtown theatre.

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Bardem brings best**Biutiful**

Genre: Drama
Director: Alejandro González Iñárritu
Stars: Javier Bardem, Maricel Álvarez, Hanaa Bouchaib

Javier Bardem talks to ghosts in *Biutiful*, a starkly emotive film by Alejandro González Iñárritu where the physical and metaphysical realms seem equally desperate.

The ability of Bardem's grifter character Uxbal to commune with the dead is actually the most calming and least gloomy aspect of a film awash in misfortune and tragedy.

Ironically titled and deliberately misspelled, *Biutiful* grimly trawls the shadows of illegal immigration, poverty, police corruption, marital and parental dysfunction and mental and physical ills in the shabbier section of



Barcelona, where Uxbal and his family live.

Uxbal is like a walking ghost himself, having just received a drastic cancer diagnosis. His long hair streaked with grey, his handsome features drawn by fatigue and poor health, he's the antithesis of the sexy charmer Bardem played in last summer's *Eat Pray Love*. But he's paradoxically far more attractive as a per-

son and interesting as a character.

Even at a running time of 148 minutes, *Biutiful* at times seems like a slightly truncated version of what Iñárritu might have originally planned. Yet the loose ends don't matter when you have a performance as strong as Bardem's.

Extras include a making-of featurette.

• PETER HOWELL

Drive Angry

Genre: Sci-Fi, Thriller
Director: Patrick Lussier
Stars: Nicholas Cage

Drive Angry is a movie that should STFU — and by that I mean, "Stop Talking Fellows, Understand?"

It's a supernatural road thriller starring Nicolas Cage, sizzling celluloid of a type normally relegated to drive-ins, grindhouses and other down-market retreats where the popcorn is served with buckets o' blood.

Such films are not, God forbid, supposed to be showcases of snappy dialogue, especially when the dialogue snaps like a worn rubber band. When in doubt, say nothing and just cock your gun.

Drive Angry's director Patrick Lussier (*Dracula 2000*) can't seem to resist including every one of the macho mutterings



he and co-writer Todd Farmer scribbled into their notebooks.

Thus a movie that could have left skid marks on our psyche — in 3-D no less — instead drives us to distraction with verbose line readings that kill momentum worse than a police flashlight shining through a parked windshield.

Each and every tortured soul in this *Satan Get Your Gun* farce feels compelled to explain to every other tortured soul what terrible thing is about to happen.

The failure of people to STFU is compounded by Cage phoning in yet another performance, as he continues to make us forget he ever won an Oscar.

The only thing that keeps *Drive Angry* from being completely derivative road stew is William Fichtner's hilariously deadpan portrayal of The Accountant, Satan's right-hand man, the guy who collects stray infidels. He's the funniest satanic figure since Mr. Skin in Bruce McDonald's *Highway 61*, and that was 20 years ago.

Extras include a commentary by Lussier and Farmer, deleted scenes and making-of featurettes. • PETER HOWELL

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— Chris Knight, NATIONAL POST



— Susan G. Cole, NOW MAGAZINE



— Katrina Onstad, EYE WEEKLY

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metrolife panel

Love in Europe: Lively is being 'wooed' by Leo

► Pair spotted together in Italy, France

Leonardo DiCaprio's European tour with rumoured girlfriend Blake Lively continues, though the pair are doing their best to not be seen together.

After a trip to Italy, DiCaprio and Lively returned to France, where they were twice spotted leaving the Saint-Paul de Vence hotel in Saint-Paul separately, according to Us Weekly.

The next day, they returned to Cannes, where they were first spotted together two weeks ago, and boarded a yacht.

"Blake is definitely being wooed," a source says.

"This could be the beginning of something."

• METRO



► Leonardo DiCaprio

KIYOSHI OTA/GETTY IMAGES



► Reports have linked January Jones to Claudia Schiffer's husband.

JOHN SHEARER/GETTY IMAGES

Jones won't snitch on her baby-daddy

January Jones has remained mum on the identity of her unborn baby's father, but E! Online reports that it may be her X-Men: First Class director, Matthew Vaughn, who is currently married to Claudia Schiffer. Sources say Jones and Vaughn shared a

"very close" relationship on the film's set, and Schiffer and Vaughn also reportedly abandoned their rented home in Beverly Hills around the time Jones revealed she was pregnant.

Lawyers for Vaughn tell Page Six that the report is an "absolute lie." • METRO

Celebrity tweets



@kathygriffin
Sleeping off Paula Deen's home made cinnamon buns in her grandkids bunk beds!

@DavidSpade

a knack for getting beat up. i've had it since childhood



@CarrieFFisher

I desperately need 4 #Glastonbury tickets. I'm willing to go to any lengths that doesn't involve nudity - you won't regret it.



@justinbieber
1200 feet in the air....not the best feeling. lol

Memorable weekend for Justin Timberlake

Justin Timberlake's luck is apparently far from running out.

The race car sponsored by his clothing line, William Rast, took the top prize at the Indy 500 this weekend, the car's second time winning the famous race.

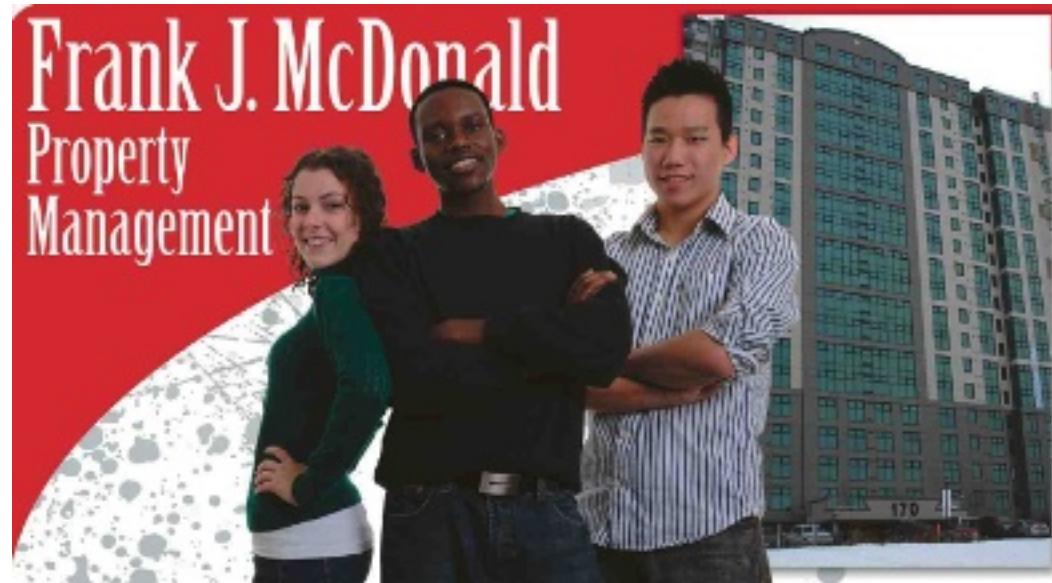
"What a Memorial Day weekend! The William Rast car just won the Indy 500," Timberlake posted to Twitter after the race.

"Congrats to Dan Wheldon, the WR racing team and everyone else who put in the hard work for this victory! Unreal!" • METRO



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3
life

Body issues



One third of women on university campuses would trade one year of their life to get their ideal body weight and shape, according to a new study in the U.K. And almost 40 per cent would have cosmetic surgery if money wasn't an issue.

• CELIA MILNE



A new tool being used for fighting oral cancer



► Want to meet girls? Try the brooding approach, a new study suggests.

Stop smiling gents

► New study out of Vancouver finds that happy-looking men appear less attractive to women



CELIA
MILNE
LIFE@METRONEWS.CA

Smiling is attractive in women, but in guys — not so much.

An intriguing new study done by psychologists in Vancouver has found that when it comes to attracting women, happy-looking men may finish last.

"There are major differences in the ways emotions affect attractiveness in the two genders," lead author Jessica Tracy told

Metro. "When women smile and show happiness, men find that the most attractive. When men smile and show happiness, women find that the least attractive."

Tracy, who is a professor of psychology at the University of British Columbia in Vancouver, along with graduate student Alec Beall, undertook two studies which included a total of 1,041 people. Subjects were shown hundreds of photographs of the opposite sex display-

"There are major differences in the ways emotions affect attractiveness in the two genders"

DR. JESSICA TRACY

ing either happiness (big smile), pride (puffed-out chest), shame (head down) or neutrality (no expression). The photo viewers were asked, "How attractive do you find this person?"

Results indicated

women were most attractive showing happiness and least attractive showing pride. Men were most attractive when showing pride and least sexy showing happiness. Surprisingly, among young women looking at photographs, even men showing shame were more attractive than men showing happiness.

What's wrong with smiling men? It could be that since men are assumed to be sexually receptive, when they smile, they seem needy or des-

perate. Women prefer the bad-boy look.

"Men who show pride are tough, strong and powerful and women find that attractive," says Tracy.

Since the study involved photos, it only reflects people's first impressions.

"In dating there are lots of other things at play," says Tracy. "It may be relevant only in situations where you only show a photo, such as online dating."

Future studies will explore gay reactions.



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FREE PARKING

Yoga pose.

Upward-facing dog/Urdhva Svanasana

What you do:

1 Lie prone on the floor. Stretch your legs back, with the tops of your feet on the floor. Bend your elbows and spread your palms on the floor beside your waist so that your forearms are relatively perpendicular to the floor.

2 Inhale and press your inner hands firmly into the floor and slightly back, as if you were trying to push yourself forward along the floor. Then straighten your arms and simultaneously lift your torso up and your legs a few inches off the floor on an inhalation.

Keep the thighs firm and slightly turned inward, the arms firm and turned out so the elbow creases the face forward.

3 Press the tailbone toward the pubis and lift the pubis toward the navel. Narrow the hip points. Firm but don't harden the buttocks.

4 Firm the shoulder blades against the back and puff the side ribs forward. Lift through the top of the sternum but avoid pushing the front ribs forward, which only hardens the lower back. Look straight ahead or tip the head back slightly, but

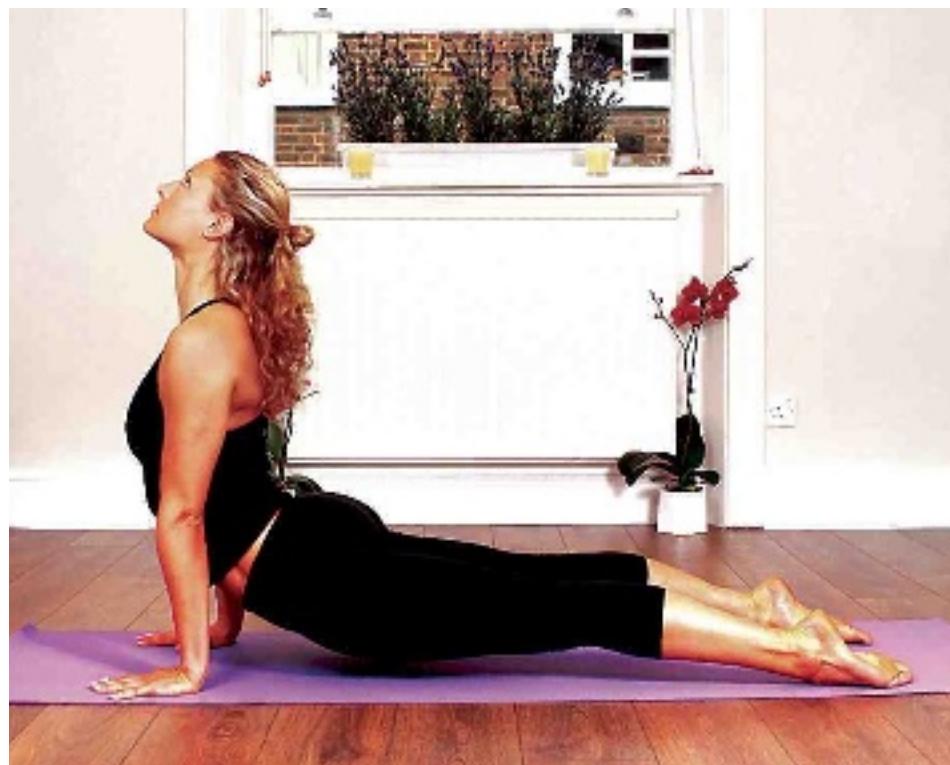
take care not to compress the back of the neck and harden the throat.

5 Hold anywhere from 15 to 30 seconds, breathing easily.

Benefits

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- Stretches the chest, lungs, shoulders and abdomen
- Firms the buttocks
- Helps relieve mild depression, fatigue and sciatica
- Therapeutic for asthma

STEPHANIE KNUTSSON,
BODYISM YOGA INSTRUCTOR



Blocking bad memories

► Drug to reduce stress hormones may lessen impact of bad memories

A Canadian study suggests a drug used to decrease stress hormone levels may also limit the long-term impact of bad memories, a finding that could potentially benefit individuals who have suffered psychological trauma.

Lead author Marie-France Marin, a doctoral student at the University of Montreal, said researchers knew there was a close link between memory and cortisol, a stress hormone involved in memory recall.

"We knew that lowering cortisol levels at the time



► Study lead author Marie-France Marin.

of learning a new event will decrease the formation of that memory," said Marin, based at the Centre for Studies on Human

Stress of Louis-H. Lafontaine Hospital. "However, for a very long time, we thought that any effect on memory after it has stabi-

lized in the brain would be temporary."

Marin said previous studies have challenged the theory memory isn't changeable by demonstrating that each time an already-acquired memory is retrieved, it makes the memory active again in the brain.

"At the time of reactivation, we can act again on that memory trace in order to change it in a long-lasting manner, so basically we have a second window of opportunity to change memories."

THE CANADIAN PRESS

Having difficulty getting around?

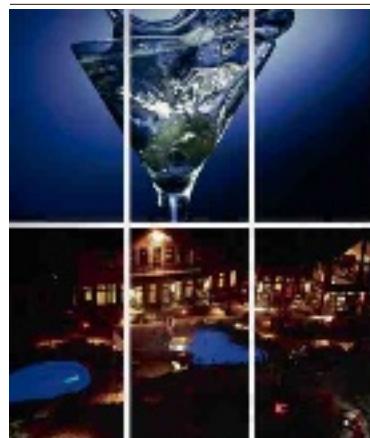
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Let them eat carbs

► Carbohydrates are no longer the enemy ► A diet high in resistant starch is the latest way to narrow that waistline ► Make sure to pass the breadbasket please; it's OK, I'm on a diet

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METRO WORLD NEWS IN LONDON



"There has been such a carbs backlash but research shows that people who ate the most carbs weighed less."

LARGERMAN-ROTH

volves around eating foods rich in resistant starch, a type of carbohydrate that isn't digested in our small intestine, leaving us feeling fuller for longer.

Calorie consumption is naturally curbed as the starch acts as an indigestible, filling fiber. Eating around 15 grams of resistant starch a day also triggers a fat burning enzyme in the body, increasing your metabolism. It's a balanced diet where you learn to eat a healthy amount of good fats, protein and fiber.

"We want people to eat normally and get the right carbs back onto their plates for good," explains Kunes.

When people do eat carbs, they tend to eat the wrong kind. Refined carbo-

hydrates, such as white bread and pasta, are super junky and immediately converted into glucose, leaving you feeling hungry again two hours later.

The carb calculator

Sticking to the plan could have you losing up to eight pounds in 30 days. This is no pasta party. In the initial 'detox' phase, calories

are restricted to 1,200 (average weight loss is six pounds) and gradually increased to 1,600 a couple of weeks later. Men on the plan should add 500 calories on to each phase. Portion control is a big part of the plan's success, as is one's ability to get over their innate fear of carbs.

"There has been such a carbs backlash but impor-

tant research shows that people who ate the most carbs (in countries such as Japan) weighed the less overall and vice versa," says Largerman-Roth.

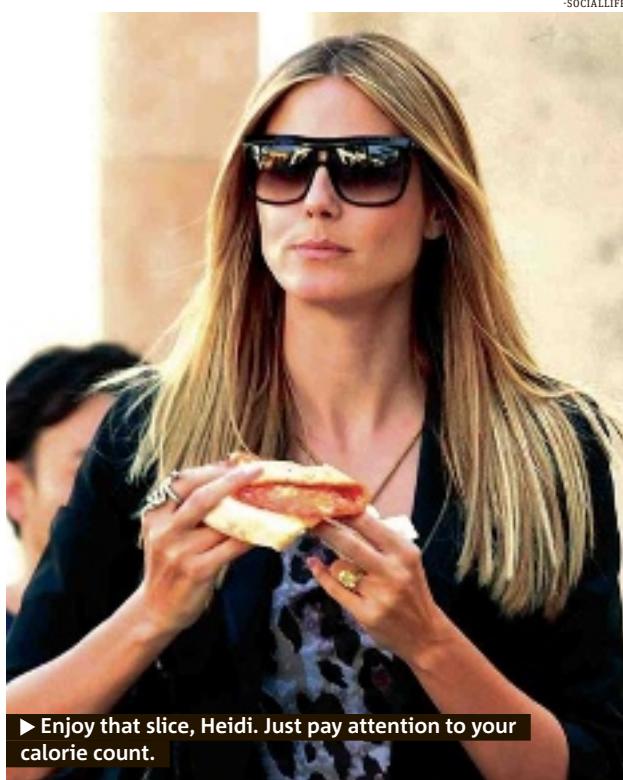
On the Carb Lovers Diet people finally get to eat what they crave — stars include green bananas, oatmeal, sourdough bread and more — just minus the guilt.

"For 20 years diet experts and the media have spread the word that carbohydrates are bad for our health, raise blood sugar levels and make us fat," says Largerman-Roth. "So called healthy diets have supported protein rich plans such as Atkins and South Beach and totally shunned potatoes, bread and pasta."

And yet...

Carbs are stars

The Carb Lovers Diet re-



► Enjoy that slice, Heidi. Just pay attention to your calorie count.

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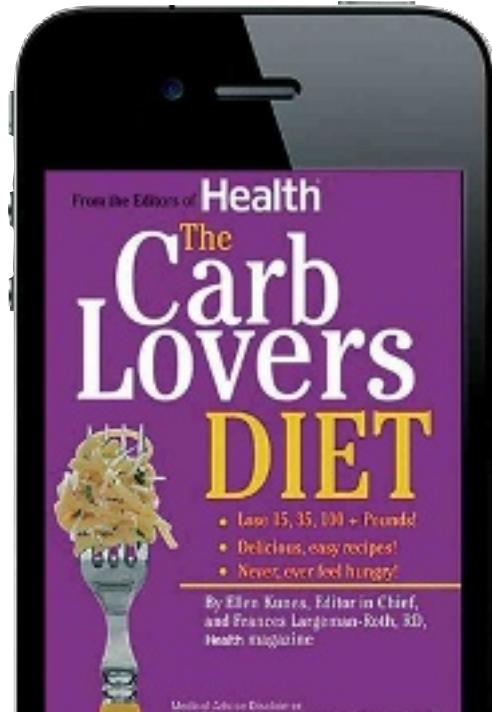
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Eat

- **Breakfast:** the 'Elvis': toasted rye bread with almond butter and sliced banana. (5.6g resistant starch).
- **Lunch:** Pesto Turkey Club: pumpernickel bread, apple and turkey (2.6g resistant starch).
- **Dinner:** baked two cheese penne with roasted pepper sauce (2g resistant starch).
- **Drink:** fat flushing green tea cocktail — 8 cups of brewed green tea, juice of 1 orange, 1 lemon and 1 lime.

Calories from

- **Resistant starch:** 45-60 per cent
- **Protein:** 25 per cent
- **Fats:** 20-25 per cent



Up and down

Sugar

A spoonful of sugar a day could keep the doctor away. Research shows that sugar improves the effects of antibiotics and reduces the strength of chronic and recurrent infections. Glucose and fructose help make bugs vulnerable.



Obesity

You have more than the common cold to worry about as experts claim that obesity could be contagious. Hanging out with family or friends that are overweight could be distorting your perception of what being a 'normal' size really is. There could also be a tendency to eat more when dining out.

The cuddle chemical

A new pill containing the 'cuddle chemical' oxytocin could help prevent post-natal depression, currently affecting 20 per cent of mothers in the United Kingdom.

Increasing the level of this hormone, known for enhancing feelings of love, trust and affection, could help mothers bond with their babies sooner.

● ROMINA McGUINNESS

Lots of Losers but few wins

► As North American waistlines grow, so does popularity of weight loss reality shows ► Who benefits?

Despite all the Biggest Loser-type shows on TV, all the pounds shed by their contestants and all the weight-loss products purchased by viewers, America continues to be the Biggest Gainer.

At least 10 weight-loss shows are airing these days, and on The Biggest Loser alone, this season's three top finalists dropped a combined 365 pounds. Yet the rest of us are just getting chubbier, with obesity rates in the United States now the highest of any industrialized nation. In fact, more people are obese today than when Loser premiered in 2004.

So why aren't these reality shows helping in the fat fight?

JD Roth, executive producer of Extreme Makeover: Weight Loss Edition, thinks they actually are.

"The first step to changing some systemic problem in society is awareness and I think (weight) awareness is at an all-time high," says the 43-year-old producer, who is also behind Biggest Loser.

Dr. Terry Schaack, medical director of the California Health & Longevity Institute, where Extreme Makeover: Weight Loss participants do an introductory "boot camp," says there can be a long delay between awareness and action.

"You will see nothing in national figures for proba-



► While weight loss shows are at an all-time high, they aren't helping to prevent obesity, a new study shows.

bly eight to 10 years after a dramatic incident occurs," he says. "The U.S. Surgeon

General went out and told people to quit smoking, I believe it was in '67. A

hoard of people quit smoking, and the incidence of heart disease went down

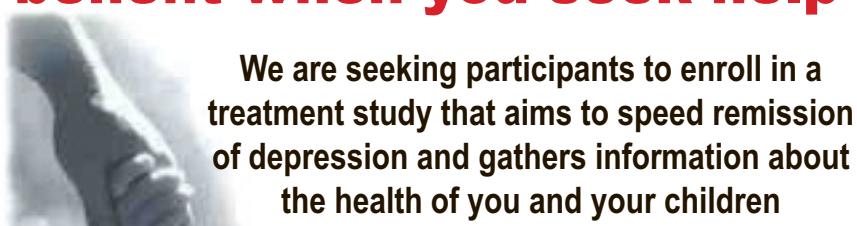
15 or 20 years later. It takes that long."

THE ASSOCIATED PRESS

Are you a parent with Depression?

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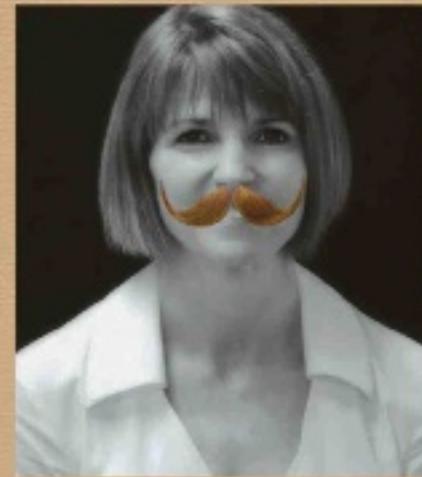
- Men and Women 18 years or older with depression
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Less does more

► A U of C study suggests that athletes see better performance with less warm up ► Knowledge doesn't apply to the weekend warriors though

When it comes to warming up for a race, a University of Calgary study suggests less is more.

U of C exercise physiologist Elias Tomaras tested Canadian team track cyclists to determine whether a short warm-up with a lower intensity was better than a longer warm-up of higher intensity.

His study, published earlier this month in the *Journal of Applied Physiology*, concluded the shorter, lighter warm-up improved athletes' performances.

Training and competition practices are often handed down from coaches, who are former athletes themselves, to their pupils. They don't like to tinker with what they feel

"It does call into question whether athletes in potentially any sport are doing too much. Normally athletes ... consider the more warm-up the better."

ELIAS TOMARAS

works for them for fear it will affect performance.

National team cyclist Monique Sullivan from Calgary says working up a sweat and breathing hard just before a race makes her feel she's tested her readiness.

The 2012 Olympic hopeful has put Tomaras's theory into practice, however, and believes it has merit.

"Sometimes I race seven or eight times in a day and if I have to do that long warm-up over and over again it can be really drain-

ing by the end of the day and Elias found it was actually hurting me for my first effort," Sullivan said Friday at the U of C's Human Performance Laboratory.

"I've started implementing the new warm-up within the last few months. It was scary at first because I didn't get that comfort of knowing I'm really warmed up, but I was confident in his study and confident in the research that comes out of this lab. I tried it in training a few

times and after tweaking it a little bit, I found it was working."

His findings may not be that useful to weekend warriors, who don't push themselves to the limit in short bursts like elite athletes do. But those in competitive sport may want to re-think how they prepare for a race, Tomaras said.

"It does call into question whether athletes in potentially any sport are doing too much," he observed. "Normally athletes and coaches consider the more warm-up the better and you can't be too warmed up."

"This study is suggesting that it's possible to be too warmed up."

THE CANADIAN PRESS



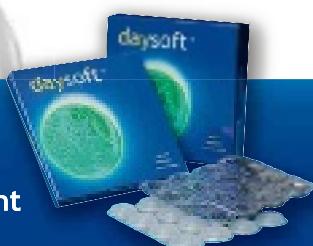
► A new study says that elite athletes could try gradually incorporating a shorter warm-up into their daily training environment to see how it works for them, but casual athletes should still get in a good warm-up to prevent injury.

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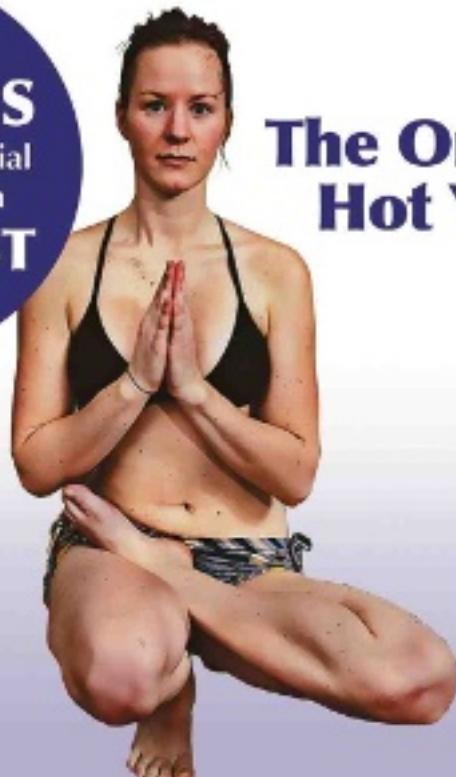


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BE EDGY! BE COOL! BE HEALTHY!

While spring has been wet and cool, the promise of warmer weather for the summer seems just ahead. And as the summer clothes come out, teens and young adults bring out their new fashions, complete with **tattoos and piercings** that might make some of us parents a tad squeamish.

It may be hard for us to remember, but we probably did the same thing to our parents. Guys with long hair and pierced ears caused quite a furor when many of us were younger. Today, a **pierced ear on a guy seems so tame!**

Perhaps that is part of the issue and we as parents have to accept that our kids have a desire to push the envelope, just as we did. But as parents, **we have a responsibility to educate our kids to make wise choices**, just as our parents tried to.

And when it comes to piercings, there is a lot more to think about other than just how cool it looks. Particularly if we are talking about **piercings of the lips, cheeks or tongue**.

It may not be pleasant to think about it, but the **tongue is prime breeding ground for bacteria**. Millions of these organisms make their home in this small little area of the body. In fact, as much as 70% of the bacteria found in the mouth make their



Dr. Martin LaBoissonnere
Dental Surgeon

Keeping your tongue clean by brushing it is always important. If you are thinking of **getting your tongue or lips pierced**, you have even more reason to keep your tongue clean. The piercing creates an **open wound that gives easy access for the bacteria to get into the blood stream**. Just think of the infections that could result!

Even if you manage to avoid any infections from the piercing, you have created a great place for bacteria to accumulate. **People with pierced tongues who fail to properly clean around the piercing are more likely to have bad breath than those without piercing**.

We certainly recommend against piercings, but we recognize that the desire to be edgy and cool may trump good health advice. Should that be the case, it is vital that you **keep the area around the piercing as clean as possible**.

Regular visits to your dentist can help in this regard. S/he will be able to let you know if there are any early signs of infection around your piercing. Because avoiding the spread of infection is a healthy habit...and healthy habits lead to healthy lives.

Dr. Martin LaBoissonnere
- Dental Surgeon

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Stay connected

Miso adds special flavour to meatless burgers

Made from ground chickpeas, these patties are traditionally fried but can also be cooked in a skillet or baked. And because chickpeas are agreeable to a broad range of flavours, it's easy to play with the seasonings and other ingredients.

Preparation:

- 1 In a bowl, whisk 30 ml (2 tbsp) of the miso and mayonnaise. Set aside.
- 2 In a food processor, combine chickpeas, remaining miso, cilantro, olive oil, garlic powder, five-spice powder, salt, pepper and lemon zest. Pulse until coarsely chopped.
- 3 Form mix into 8 patties about 7.5 cm (3 inches)

around and about 4 cm (1 1/2 inches) thick. As you are forming patties, firmly pack with fingers.

- 4 Place breadcrumbs in shallow bowl. One at a time, set each patty in bowl; pat breadcrumbs onto all sides.
- 5 In large skillet over medium-high, heat 15 ml (1 tbsp) of the sesame oil. Add patties and cook until browned and heated through, 3 to 4 minutes per side. If patties start to stick, add another 15 ml (1 tbsp) of oil when flipping.
- 6 Serve burgers on buns topped with miso-mayonnaise, lettuce and tomato.

THE ASSOCIATED PRESS



► This recipe takes 25 minutes to complete and produces eight sliders.



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Ingredients:

- 120 ml (8 tbsp) sweet white miso, divided
- 125 ml (1/2 cup) mayonnaise
- 2 cans (398 ml/14 oz) chickpeas, drained
- 75 ml (1/3 cup) chopped fresh cilantro
- 50 ml (1/4 cup) olive oil
- 10 ml (2 tsp) garlic powder
- 5 ml (1 tsp) five-spice powder
- 5 ml (1 tsp) salt
- 2 ml (1/2 tsp) ground black pepper
- Zest of 1 lemon
- 375 ml (1 1/2 cups) panko breadcrumbs
- 15 to 30 ml (1 to 2 tbsp) sesame oil
- Sliced tomato
- Leaf lettuce
- 8 mini burger buns

Crêpes and coffee steal the spotlight at Luna Café

► Tucked away in a strip mall, this eatery serves up lots of charm & good food

LUNCH RUSH

SHARI GOODMAN
FOOD@METRONEWS.CA



Luna Crêpes and Café could give the enterprise of espresso a run for its money with its charm and good food.

Luna Crepes and Café
329 March Rd.
613-254-5551
Reservations: No
Social lunch: Yes
Client negotiations: Yes
Licensed: No
Price range: \$
Rating: 4 out of 5

This café is tucked away in a strip mall, with a sign board sitting by the street that caused me to make a sharp turn to check it out.

Gelato, crêpes and good coffee. What more could you ask for? How about a nice patio for those non-rainy summer days?

Inside, you can sit at one of the many tables or lounge on a couch and enjoy the lime green, happy decor.

A popular crêpe is the Cajun Chicken, which had a slight spice to it, and would have been impeccable with a sauce. But anything wrapped in a crêpe is heavenly. On the side, I ordered an iced coffee, which was refreshing.

And for dessert, I tried



► Cajun Chicken Crepes (\$9.99).
one of the café's Nanaimo Bars, but it was a little stale. Overall, though, Luna shines.



Watermelon Aqua Fresca

Preparation:

- 1 Blend half of watermelon on pieces with 125 ml (1/2 cup) of the water until smooth. Strain into serving pitcher. Repeat process with remaining watermelon and water. Add lime juice and honey. Stir until blended. Pour into ice-filled glasses and garnish with watermelon triangles skewered with lime wedge.

Ingredients:

- 1 l (4 cups) watermelon, cut into chunks, divided
- 250 ml (1 cup) cold water, divided
- 15 ml (1 tbsp) freshly squeezed lime juice
- 15 ml (1 tbsp) honey
- Ice cubes
- Garnish: Watermelon triangles, lime wedges

THE CANADIAN PRESS/ WATERMELON.ORG

WHO SAID DATING SITES DON'T WORK?

Names:
David, 47, and Mable, 42

Hometown:
Edmonton

Together since:
2002

Their story:

It was July 2002, and I (Mable) had just requested a leave of absence from work to travel to India and Southeast Asia for six months.

Just for fun, I signed up with Lavalife and started casually dating before I left.

None of the guys seemed right for me until I met David.



► David and Mable

Three weeks before my September departure date, I had practically moved into David's place.

D-Day was approaching, and we had to decide what to do about our relationship. I told David it was OK for him to move on with his life; he didn't have to wait for me.

Instead, he decided to join me for six weeks around Christmas.

It was very sad when it came time for me to leave, but I knew I would see him in less than four months.

When he joined me over the holidays, we were both amazed at how well we travelled together.

Backpacking in Asia can be very challenging, and he did extremely well considering he had never travelled overseas before.

When it came time for him to leave, we were both in tears again, but we knew we'd see each other in six weeks. The trip had gone so well, we knew we'd be together for good. It was the longest month and a half of my life, and my enthusiasm for travel just wasn't the same without him.

When I returned home in late February 2003, we went back to living together. David proposed a few months later, and we were married in September that year. We now have a very bright four-year-old, Charlotte, who keeps us laughing and on our toes.

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ANGELA PACIENZA & DEREK CHEZZI
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My husband and I both work so our weekends are crazy busy. I'd like to hire a cleaning service to free up some time, but he thinks we'd be throwing away our cash. How can I convince him it would be money well-spent?

Derek says...
Time is money, and hir-

ing a cleaning service is like buying yourself some spare time. If he doesn't help out already, put a dust cloth and toilet bowl brush in his hands and ask him to start scrubbing. After one Saturday afternoon, I'm sure he will find cash from his beer budget to help stuff the cleaning-bill jar.

Angela says ...

Take a look at all your expenses, and then price out what it would cost to have your home cleaned bi-weekly.

It might be easier to afford than you both realize — maybe it just means one less dinner out. Try it out a couple of times and he'll likely warm up to the feeling of coming home to a clean house after work (especially the lovely fresh bedsheets!).



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Level 2 and 4 – 9 am to noon;
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Time to bring back an old school approach to spending

ON MONEY

ALISON GRIFFITHS
MONEY@METRONEWS.CA

 Last week I was the MC of the joint FCAC-OECD Partnering to turn Financial Literacy into Action conference held in Toronto. Attending were over 400 delegates from all over the world.

As part of my introductory remarks I told the story of growing up in the 1950s in Canada the daughter of an air force officer and a stay-at-home housewife.

My dear old dad was the absolute monarch of our family finances.

He got his pay on the last Friday of every month and immediately deposited it in the bank.

He kept some cash for himself and placed some more in a plain white envelope, which he sealed and bestowed upon my mother as she mixed their Friday night Manhattans.

Mum guarded her housekeeping money zealously.

I never knew how much he gave her, and

that envelope was a source of endless mystery to me.

In those days, a woman was considered a poor housekeeper and wife if she couldn't make the money last until the end of the month.

If she was particularly careful, there would be some left over, and she could use that for herself.

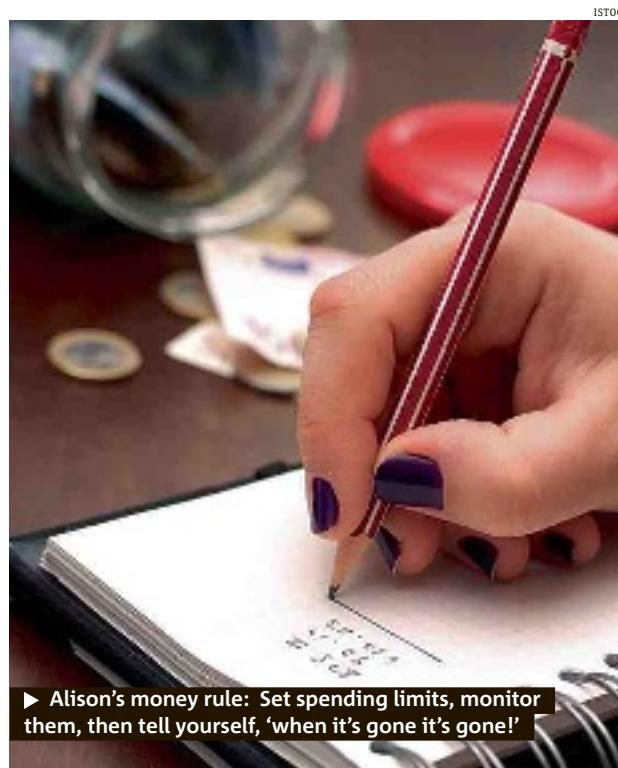
My mother was quite brilliant at squirreling away nickels and dimes for an extra visit to the hairdresser.

Looking back, I told the delegates, I think that if all the world's financial affairs had been turned over to women of the "housekeeping money" generation, there would have been no sovereign defaults, no asset-backed commercial paper debacle, no subprime mortgage meltdown.

And most certainly no budget overruns!

I have this image of a woman, like my late mother, passing out envelopes to government ministers, banks and other corporations and issuing a stern warning. "When it's gone, it's gone. Don't bother coming back for more!"

Throughout the confer-



► Alison's money rule: Set spending limits, monitor them, then tell yourself, 'when it's gone it's gone!'

ence my mother's envelope took on a life of its own.

Numerous delegates came to tell me that it had been raised in their workshop and a number of presenters wove it into their speech.

I think the message is that something as tangible as cash in an envelope, designated for a certain purpose provides

the kind of spending limit no debit or credit card can do.

Maybe it is time to turn back the clock.

Financial literacy

► There are wonderful resources for financial literacy at the Financial Consumer Agency of Canada: fcac-acfc.gc.ca/

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So, if you don't need one, don't buy one. But, many people do, so consider buying a used car versus new. The largest portion of depreciation occurs in the first year. So, buy a vehicle more than a year old.

Before you shop, know what you want. Be clear about what needs the vehicle will fill: reliability, performance, safety, money saving (economic), prestige (personal image), etc.

Know your desired price range. Narrow down your list to just a few makes and models. You're more likely to get what you want when you know what you want.

Determine the value of the car and be prepared to negotiate a price.

Don't get suckered into "snooze or lose" sales tactics. If the sales pressure is high, turn it down using your research and level-headed thinking.

Check out these websites:

- edmunds.com
- consumerreports.org
- autotrader.ca
- canadianredbook.com

When buying used, it's important to learn as much about the car as possible so you avoid buying a lemon. Ask to see maintenance and repair receipts.

Take the car for a test drive and test everything: from the brakes to the power windows.

Check the vehicle's vehicle identification number (VIN) and get a vehicle history report. The VIN number is visible under the windshield and also on the vehicle's title.

The report is about \$30 to \$50 and can be purchased through carfax.com or carproof.com.

Pull a lien report at your local registry and pay for a professional inspection.

When buying, stay within your budget and remember that a car isn't an asset; it's a tool to get you from point A to B.

Give Dad what he really wants



► Step up your game this Father's Day.

Having exhausted their quota of ties, tools and sports paraphernalia, many Canadians struggle every year to come up with thoughtful and affordable gift ideas for Father's Day.

TD Credit Cards associate vice president, Stacie Pearson, offers her top three present ideas for the dad who has everything.

1. Quality time with Dad
Shoot some hoops at the park, go to the movies or catch a game together with tickets to his favourite sports team.

2. Gift cards No longer the

faux pas of present giving, a gift card will let your dad pick out a gift that he is truly excited about.

3. A new skill Surprise your dad with classes to something he's always wanted to try like gourmet cooking, home beer brewing or sailing. **NEWS CANADA**

The return of the King

► Back in the NBA finals for first time since suffering sweep in 2007, LeBron is 'honoured' to be there

LeBron James walked through the tunnel leading from the Miami Heat locker-room yesterday, stepped onto the court and gave a yell. He looked down at the NBA finals logo newly affixed on the floor, then smiled and nodded.

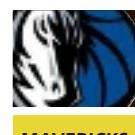
With that, it became real. His championship chance — the biggest reason he came to Miami — has finally arrived.

Swept out of his only other finals appearance four years ago, James will get his long-awaited second opportunity starting tonight when the Heat host the Dallas Mavericks in Game 1 of the NBA's title series.

After a year like no other in his life, starting with the much-criticized "Decision," his jerseys being torched in Cleveland and never-ending, intense scrutiny of his every move, the last challenge will likely prove to be the toughest of them all.

"I'm honoured to be here once again," said James, who led the Cavaliers to the 2007 finals and lost in four games to San Antonio. "Now with this franchise, it's an honour."

"As players, we worked hard. I worked hard individually to get to this point. And I had a lot of visions of being in this moment and now it's hit



► Time: 9 p.m.
TV: TSN, ABC

me, being on that floor, seeing the championship logos and everything, the finals logos. I'm very excited."

It showed yesterday.

He chatted with teammates, taking part in a long-shooting contest with Dwyane Wade, Eddie House and others, looking perfectly comfortable as dozens of photographers clicked away for 30 straight minutes. By now, being in the microscope is an accepted part of the deal for James, who has been dealing with this since his high school days.

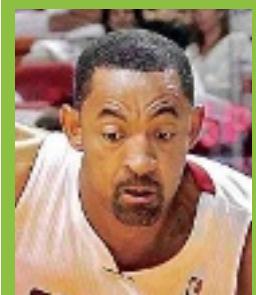
Away from the court, though, those who are around the two-time NBA MVP say his focus is even sharper than usual. Winning a title likely won't change perceptions about James. His fans will surely remain fans, his critics will surely remain critics, no matter what happens.

But to him, a championship would mean everything that took place since he publicly said he would join the Heat was all worthwhile.

THE ASSOCIATED PRESS

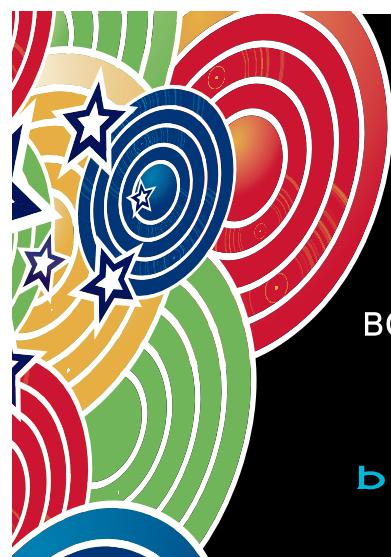


Quoted



"Normally, when you're our age, people count you out. They say you don't have anything left in the tank. But as you get older in this league, you get wiser."

MIAMI'S JUWAN HOWARD, ON
DALLAS'S JASON KIDD.
HOWARD WAS DRAFTED A
FEW SPOTS AFTER KIDD IN
1994-95 AND IS THE ONLY
PLAYER OLDER THAN KIDD
IN THIS YEAR'S NBA FINALS.
BOTH PLAYERS ARE 38.



BOYS AND GIRLS CLUB
OF OTTAWA

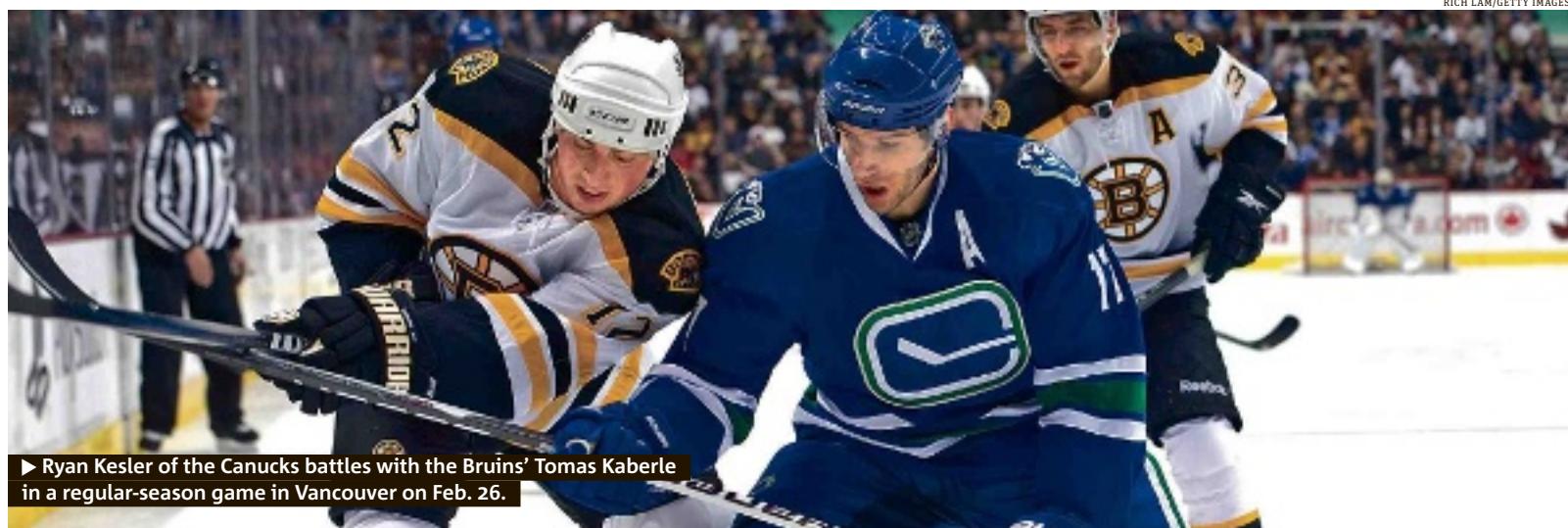
bgcottawa.org

Keep your eyes open for upcoming Boys and Girls Club
of Ottawa information to be distributed by street
canvassers next week.



Belong. Believe. Achieve.





► Ryan Kesler of the Canucks battles with the Bruins' Tomas Kaberle in a regular-season game in Vancouver on Feb. 26.

Cup final has makings of a classic

► Bruins plan to be physical against well-rested Canucks

The date was Feb. 26, there were stars aplenty on both sides, and the Vancouver Canucks and Boston Bruins met on Hockey Night in Canada in what turned out to be a dandy.

Little did they know that the Bruins' 3-1 victory in Vancouver would turn out to be a preview of the Stanley Cup final.

But to the Bruins, it was just one regular-season game out of 82. Sure, it was a big win. Tim Thomas made 26 saves and Vancouver native Milan Lucic scored the game winner. It was a feel-good night, for sure.

The Bruins practised one last time in Boston yesterday before heading to Vancouver and were complimentary of their opponent.

"Obviously, they're a President's Trophy winner, they're a great hockey team, deep and well coached, and we'll look at things we have to do," Bruins forward Mark Recchi said. "Any key to your team's success is how you play personally. I think we focus on what we do ourselves ... It's who's going to want it more and who's going to play to their abilities the best."

By the time the puck drops in Game 1 tomorrow night, the Canucks, will have had seven days off.

"That's a real challenge for us, to be aggressive but not be stupid about it. So, we have to be smart in our defensive play."

BOSTON'S DENNIS SEIDENBERG ON DEFENDING THE SEDIN TWINS

The Canucks have many weapons, most notably Daniel and Henrik Sedin, the twin forwards who, along with forward Ryan Kesler and goaltender Roberto Luongo, have led this Vancouver renaissance. Together, the Sedins have 37 points this post-season, and Daniel has eight goals.

Kesler could be the X-factor, though. Too much concentration on the Sedins, and the rugged centre will pounce. Kesler scored 41 goals in a breakout regular-season and has followed that up with seven goals and 11 assists in the playoffs.

"There is a lot of skill, there is a lot of speed," Boston coach Claude Julien said in reference to the Canucks. "So, they are a pretty potent team and obviously, they thrive on their power play. So, we are going to have to be a physical team. But we are also going to have to be a very disciplined team."

THE ASSOCIATED PRESS



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STANLEY CUP FINAL

Canucks study tape of alien B's

Every edge counts and the Vancouver Canucks are looking to video to provide one in the Stanley Cup final against the Boston Bruins.

The series opener is tomorrow night, but the teams hardly know each other in game situations because they play in different conferences.

They face each other maybe once a year, during the NHL's regular-season grind with little preparation time.

But the two clubs will know each other a little better through video be-

fore they step on the ice in Vancouver.

"That's what we're going to use the next couple of days for," goalie Roberto Luongo said after yesterday's practice.

"We're going to get as much video as we can on them, go through their players, making sure we know everything we need to know about them, their systems and their tendencies and make sure we're as ready as we can be and we don't get any surprises."

Even though he used to play in the Eastern Conference, Luongo said he's familiar with only two Bruin forwards — Nathan Horton and Patrice Bergeron.

"Most of them are going to be (familiar) through video and talking to (goalie coach) Rollie (Melanson) and guys who

have played with their players," Luongo said.

Coach Alain Vigneault said watching video of the Bruins will be like looking at a brand new opponent.

"That one game in the season is probably not reflective of how both teams play on a regular basis," Vigneault said.

"I don't think you can put too much emphasis on the stats from that game."

One Canuck who won't need much video to become familiar with the Bruins is Maxim Lapierre, who has faced them many times as a member of the Montreal Canadiens.

His scouting report was succinct and to the point. "It's a team that's going to show up every shift on the ice," he said.

"It's going to be tough and it's going to be a war."

THE CANADIAN PRESS

Reports say Thrashers' move to Winnipeg nearly done

The Winnipeg NHL watch continues with reports that the Atlanta Thrashers' sale could be complete this week, possibly as early as today.

The Thrashers' owners are in negotiations with True North Sports and Entertainment, which wants to move the team to Winnipeg.

While reports suggested the news might come sooner rather than later, those in the know chose their words carefully yesterday afternoon.

True North spokesman Scott Brown told The Canadian Press via email that "no press conference has been scheduled as of yet."

And NHL deputy commissioner Bill Daly said in an email that "there is nothing done as of now."

The NHL would likely prefer the Thrashers' sale is announced on a Stanley Cup final off-day.

Still, Daly told The Associated Press yesterday there is no strict rule against releasing big news during the final.

Daly said, "It's certainly possible something will be finalized this week."

Yesterday was Memorial Day in the U.S.

The two sides have been working through complex legal details on the sale and relocation of the team. Thrashers fans' hopes for a late local buyer have not been realized.

NHL commissioner Gary Bettman said on his weekly radio show on Thursday the inability to find an owner who wants to keep the team in Atlanta is a barrier the league can't overcome.

"It would be one of those head scratchers where you say, 'Look at all of this great corporate opportunity, look at all of this grassroots hockey, why doesn't somebody want to own a team here?'" Bettman said. "And that would be a difficult but unfortunate situation to be dealing with if it has reached, or does reach that point."

THE CANADIAN PRESS

NHL

PLAYOFFS

All times Eastern

STANLEY CUP FINAL

(Best-of-7 series)

VANCOUVER (W1) VS. BOSTON (E3)

Tomorrow's game

Boston at Vancouver, 8 p.m.

Saturday's game

Boston at Vancouver, 8 p.m.

Monday, June 6

Vancouver at Boston, 8 p.m.

Wednesday, June 8

Vancouver at Boston, 8 p.m.

Friday, June 10

x-Boston at Vancouver, 8 p.m.

Monday, June 13

x-Vancouver at Boston, 8 p.m.

Wednesday, June 15

x-Boston at Vancouver, 8 p.m.

x—if necessary.

SCORING LEADERS

	G	A	PT
H.Sedin, Vcr	2	19	21
St. Louis, TB	10	10	20
Lecavalier, TB	6	13	19
Kesler, Vcr	7	11	18
Krejci, Bos	10	7	17
Horton, Bos	8	9	17
Purcell, TB	6	11	17
J.Thornton, SJ	3	14	17
D.Sedin, Vcr	8	8	16
Boyle, SJ	3	13	16
Clowe, SJ	6	9	15
P.Bergeron, Bos	4	11	15
Datsyuk, Det	4	11	15
Burrows, Vcr	7	7	14
Couture, SJ	7	7	14
Downie, TB	2	12	14

SOCCER

MLS

EASTERN CONFERENCE

	W	L	T	PF	GF	GA
Philadelphia	6	3	2	20	14	9
New York	4	2	6	18	18	11
D.C.	4	4	3	15	16	20
Houston	3	4	6	15	17	15
Columbus	3	3	5	14	11	13
New England	3	5	4	13	10	15
Toronto FC	2	5	6	12	13	23
Chicago	1	4	6	9	15	19
Sporting Kansas City	6	2	5	12	19	19

WESTERN CONFERENCE

	W	L	T	PF	GF	GA
Los Angeles	8	2	5	29	20	12
FC Dallas	6	3	4	22	16	12
Seattle	5	4	5	20	16	13
Colorado	4	3	6	18	15	13
Real Salt Lake	5	2	2	17	10	4
Portland	5	4	2	17	15	17
Chivas USA	3	4	4	13	14	13
San Jose	3	4	4	13	14	14
Vancouver	1	5	6	9	13	17

Note: 3 points for victory, 1 point for tie.

Sunday's result

D.C. United 3 Portland 2

Tomorrow's game

Vancouver at Chivas USA, 10:30 p.m.

Saturday, June 4

Kansas City at Toronto, 7 p.m.

Columbus at New York, 7:30 p.m.

Seattle at Chicago, 8:30 p.m.

New England at Dallas, 8:30 p.m.

Philadelphia at Colorado, 9 p.m.

Vancouver at Real Salt Lake, 9 p.m.

D.C. United at Los Angeles, 10:30 p.m.

Houston at San Jose, 10:30 p.m.

HOCKEY

AHL PLAYOFFS

All times Eastern

CALDER CUP FINAL

(Best-of-7 series)

HOUSTON VS. BINGHAMTON

(Series tied 1-1)

Tomorrow's game

Houston at Binghamton, 7:05 p.m.

Friday's game

Houston at Binghamton, 7:05 p.m.

Saturday's game

Houston at Binghamton, 7:05 p.m.

Sunday's game

Houston at Binghamton, 7:05 p.m.

Monday's game

Houston at Binghamton, 7:05 p.m.

Tuesday's game

x-Binghamton at Houston, 8:05 p.m.

Thursday's game

x-Binghamton at Houston, 8:05 p.m.

x—if necessary.

MEMORIAL CUP

At Mississauga, Ont.

Sunday's result

CHAMPIONSHIP

Saint John 3 Mississauga 1

LATE SUNDAY

SEA DOGS 3, MAJORS 1

First Period

1. Saint John, Despres 1, 2:24 (sh)

2. Saint John, Phillips 1 (Huberdeau, Kirkpatrick) 13:17

Penalties — Tesink SJ (roughing) 2:09, Flick Miss (kneeling) 8:34, Caramarossa Miss (roughing) 11:17, Mayer Miss (tripping) 14:36, Smith-Pelly Miss (cross-checking) 18:13, Caramarossa Miss, Jurco SJ (roughing) 20:00.

Second Period

3. Mississauga, Brace 1 (Shugg, Cizikas) 14:41

Penalties — Gagne SJ (tripping) 0:55, Kirkpatrick SJ (slashing) 11:12, Galiev SJ (tripping) 17:21.

Third Period

4. Saint John, Huberdeau 3 (Phillips, MacAulay) 16:17

Penalty — Anthony SJ (hooking) 2:39.

Shots

Mississauga 8 15 12 —35

Saint John 10 6 9 —25

Goal — Mississauga: Anderson (L,3-2-0) Saint John: DeSerres (W,3-0-0).

Power plays (goals-chances) — Mississauga: 0-5 Saint John: 0-4.

Attendance — 5,266.

NBA

FINALS

All times Eastern

(Best-of-7 series)

MIAMI VS. DALLAS

Tomorrow's game

Dallas at Miami, 9 p.m.

Thursday's game

Dallas at Miami, 9 p.m.

Sunday's game

Miami at Dallas, 8 p.m.

Tuesday, June 7

Miami at Dallas, 9 p.m.

Thursday, June 9

x-Miami at Dallas, 9 p.m.

Sunday, June 12

x-Dallas at Miami, 8 p.m.

Tuesday, June 14

x-Dallas at Miami, 9 p.m.

x—played only if necessary.

ACTIVITY

BASEBALL

MLB

AMERICAN LEAGUE

MINNESOTA TWINS—Activated LHP Jose Mijares from the 15-day DL. Optioned LHP Dusty Hughes to Rochester (IL).

NATIONAL LEAGUE

CHICAGO CUBS—Placed INF Jeff Baker on the 15-day DL. Called up INF D.J. LeMahieu from Tennessee (SL).

PITTSBURGH PIRATES—Placed C Ryan Doumit and INF Steve Pearce on the 15-day DL. Transferred RHP Ross Ohlendorf from the 15-day to the 60-day DL. Purchased the contracts of C Dusty Brown and INF Josh Harrison from Indianapolis (IL).

AMERICAN ASSOCIATION

AMARILLO SOX—Released RHP Kyle Godfrey.

GARY SOUTHSHORE RAILCATS—Signed C Craig Maddox.

KANSAS CITY T-BONES—Signed RHP Aaron Cook and INF Fernando Garcia.

SHREVEPORT BOSSIER CAPTAINS—Signed DH Palmer Karr.

CAN-AM LEAGUE

BROCKTON ROX—Released C Bobby Domrowski.

QUEBEC CAPITALES—Signed INF Efrain Gomez.

NORTH AMERICAN LEAGUE

CALGARY VIPERS—Signed RHP Shawn Hetherington.

FOOTBALL

CFL

WINNIPEG BLUE BOMBERS—Signed LB Henoc Muamba.

HOCKEY

NHL

OTTAWA SENATORS—Signed F Louie Carrusso to a two-year contract and F Jakob Silfverberg to a three-year contract.

MLS

VANCOUVER WHITECAPS—Fired coach Teitur Thorðarson and goalkeeper coach Mike Salmon. Announced director of soccer operations Tom Soehn will coach for the remainder of the season.

SOUTH CAROLINA—Announced QB Stephen Garcia returned to the team on a probationary basis after being suspended on April 6.

GOLF

CHRONOLOGY FOR THE MEN'S NUMBER-ONE RANKING

May 29, 2011 - Luke Donald

April 29, 2011 - Lee Westwood (5 weeks)

Feb. 27, 2011 - Martin Kaymer (8 weeks)

Oct. 31, 2010 - Lee Westwood (17 weeks)

June 12, 2005 - Tiger Woods (281 weeks)

MAJOR LEAGUE BASEBALL

AMERICAN LEAGUE

EAST DIVISION

Boston 30 23 .566 6B

New York 29 23 .558 1/2

Tampa Bay 28 24 .538 2/2

Toronto 28 26 .519 2/2

Baltimore 24 28 .

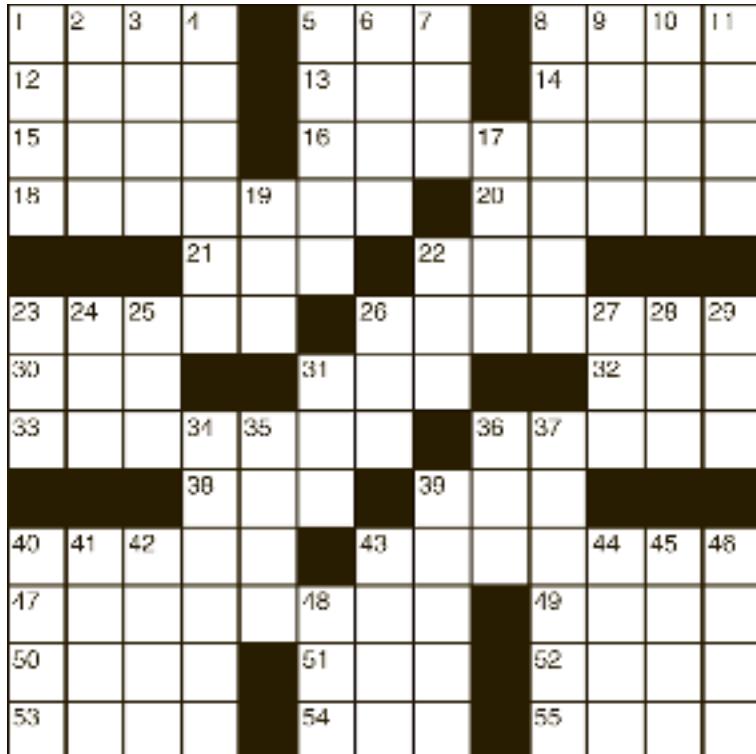
Crossword

Across

1 Ragamuffin
5 Suitable
8 Academic
12 Stench
13 Bakery purchase
14 Jason's ship
15 New Zealand bird
16 Norm
18 Livingstone's rescuer
20 Just sat there
21 Petrol
22 Individual
23 Westminster, for one
26 Of tin
30 Round Table address
31 Enthusiast
32 Alias abbr.
33 Suffragist Elizabeth Cady —
36 Just defeated, with "out"
38 Eg. and Syr., once
39 Pigpen
40 Actor Quinn
43 Comedy style
47 Horse-drawn carriage
49 Emanation
50 Body powder
51 Sheepish remark?
52 Periodicals, for short
53 Sheltered
54 Doctrine
55 Bullring bravos

Down

1 Stir-fry vessels
2 Mine entrance
3 Corn Belt state
4 Surrey decoration
5 Church sections
6 Compassion
7 Afternoon beverage
8 Enrage
9 Exam format
10 Shrek, for one
11 Lincoln in-law
17 1492 carrier
19 Deposit
22 Mel of Cooperstown
23 Donkey



24 Morsel
25 Support system?
26 Baltimore newspaper
27 Gripe repeatedly
28 Eisenhower
29 Scoundrel
31 Neither partner
34 Subtlety
35 Trig. function
36 Greek vowel
37 Generator
39 Kettle output
40 "The Thin Man" dog
41 Slanted type (Abbr.)
42 Driver Earnhardt
43 Resorts 44 Two-way
45 Desire 46 Elapse
48 Japanese sash



For today's crossword answers and horoscopes: metronews.ca



Today's horoscope

Aries March 21-April 20 Do something that others do not approve of.

Taurus April 21-May 21

Amaze friends and family alike: do something unexpected.

Gemini May 22-June 21 Are you the only sane person left in the world? Maybe you are, but more likely you are seeing things from the wrong angle.

Cancer June 22-July 22 Don't bother trying to reason with other people today, be-

cause they are driven by emotion and superstition.

Leo July 23-Aug. 23 Do whatever it takes to stay in good spirits.

Virgo Aug. 24-Sept. 22 Just because others are greeting the day with a frown does not mean you have to do likewise.

Libra Sept. 23-Oct. 23 If you don't feel like working today then don't force yourself.

Scorpio Oct. 24-Nov. 22 You are where you are, so get real and make the best of it.

Sagittarius Nov. 23-Dec. 21 There are days when it is wiser to keep your thoughts to yourself and this is one of them.

Capricorn Dec. 22-Jan. 20 Employers and colleagues will be demanding today.

Aquarius Jan. 21-Feb. 18 There is a thin line between genius and folly.

Pisces Feb. 19-March 20. Don't let your imagination get in the way of logic.

• SALLY BROMPTON

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Tumbleweed
thank you for an amazing weekend, i can not describe in words how you make me feel inside, lets just say when i see you my world lights up and my heart beats very strong. I hope your day goes great and know that my heart and mind are full with you today and every day.

CARLOS JUNIOR

Dear Chandra Kahn
Although it saddens me that we have to say goodbye to you, we know you will rock law school. Best of luck...we are so proud of you!

SAD LAB MATE

Dr. Wickfield
I wish there was a way to stop you from leaving us. Is there?! No?! Sigh! Ok! Somebody is gonna miss a Dr. next door and her white-out pen is gonna dry out soon!

YOUR FUTURE CHAIR OWNER

Today 29°/17° Partly cloudy **Wednesday** 28°/12° Thunderstorms **MAHESH KUMAR A./THE ASSOCIATED PRESS**

WIN! **You write it!**
Write a funny caption for the image above and send it to play@metronews.ca — the winning caption will be published in tomorrow's Metro.

MATTHIAS SCHRADER/THE ASSOCIATED PRESS

Caption contest

"Squirrels make terrible travel agents!"
BILL W.

metro

GET THE CAREER YOU WANT! CLASSES STARTING SOON

Personal Support Worker

Part time evening program now available!

Program Objective

Knowing that you are making a difference for people who need you is what makes this career choice very rewarding. Graduates of the Personal Support Worker Diploma Program are prepared to pursue a career in the traditional nursing assistant role in health care environments such as nursing homes, retirement residences, hospitals, hospices, and with health care service organizations.

Sensitivity to individuals and their rights is a central theme of the instruction for the Personal Support Worker. Students will acquire the necessary skills to respond to the emotional and physical needs of residents and clients who are under their care. This 27 week program includes 11 weeks of clinical placement and is offered mornings, afternoons, and evenings.

In order to graduate from this program, you must pass a national uniform examination administered by the National Association of Career Colleges.

Personal Support Worker subjects include:

- Student Success Strategies
- Computer Essentials
- Individuality of the Person
- Role of the Worker
- Interpersonal Skills
- Safety
- Assisting with Mobility
- Household Management and Meal Preparation
- Providing Optimal Support
- Cognitive Impairment and Mental Health Issues
- Assisting with the Management of Ongoing Conditions
- Assisting with Personal Hygiene
- Assisting the Dying Person
- Assisting the Family
- Assisting with Medications
- First Aid and CPR – Level C
- Abuse



Pharmacy Technician

Program Objective

The *Health Systems Improvement Act*, 2007 enables the regulation of Pharmacy Technicians in Ontario. In order to practice as a Pharmacy Technician, a person must be registered with the Ontario College of Pharmacists.

Registration requirements will require a person to graduate from a program that has been accredited by the Canadian Council for Accreditation of Pharmacy Programs (CCAPP).

The Pharmacy Technician program of Algonquin Careers Academy is **accredited by CCAPP**.

The Pharmacy Technician diploma program is designed to prepare you for a challenging career in a Community/Retail Pharmacy, Hospital Pharmacy, Manufacturing Facility or Long-Term Care Facility.

This 40 week diploma program includes an 8 week co-op placement.

Pharmacy subject matter covered includes:

- Pharmacy Fundamentals
- Pharmacy Math
- Anatomy and Physiology
- Pharmacology
- Compounding
- Sterile Techniques
- Pharmacy Software
- Systems and Procedures-Community Pharmacy
- Systems and Procedures-Hospital Pharmacy



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Paralegal

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Paralegal has become a regulated profession in Ontario as of May 1, 2007. To legally practice as an independent paralegal in Ontario, a person must be licensed by the Law Society of Upper Canada. To obtain a license, a person must graduate from a program accredited by the Law Society, pass a licensing examination and be of good character. The Paralegal program of Algonquin Careers Academy is **accredited by The Law Society of Upper Canada**.

This 44 week program includes a 4 week co-op placement.

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Do you like working with people? The Medical Office Assistant program is designed to provide you with the medical, clerical, and communication skills necessary to start a career as a member of the health care team in a medical or dental office.

This course is a 30 week diploma program and includes a 4 week co-op placement.

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NEW program

This program is designed to prepare you to plan, market, and deliver safe and effective fitness, wellness and healthy lifestyle programs. You will develop current, practical knowledge and skills in such areas as the development, implementation and evaluation of fitness and wellness programs, health promotion, lifestyle management, fitness assessments, leadership, safety and injury management.

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The objective of this program is to train you in the practices of financial accounting and payroll in Canada.

This program focuses on three key elements: understanding the theoretical principles of accounting and payroll, practice the practical "hands on" skills required to do the job and mastering the communication skills needed to work in an office environment. You will have the necessary skills to enter into the workforce and maintain a complete set of books, both manually and with computerized systems.

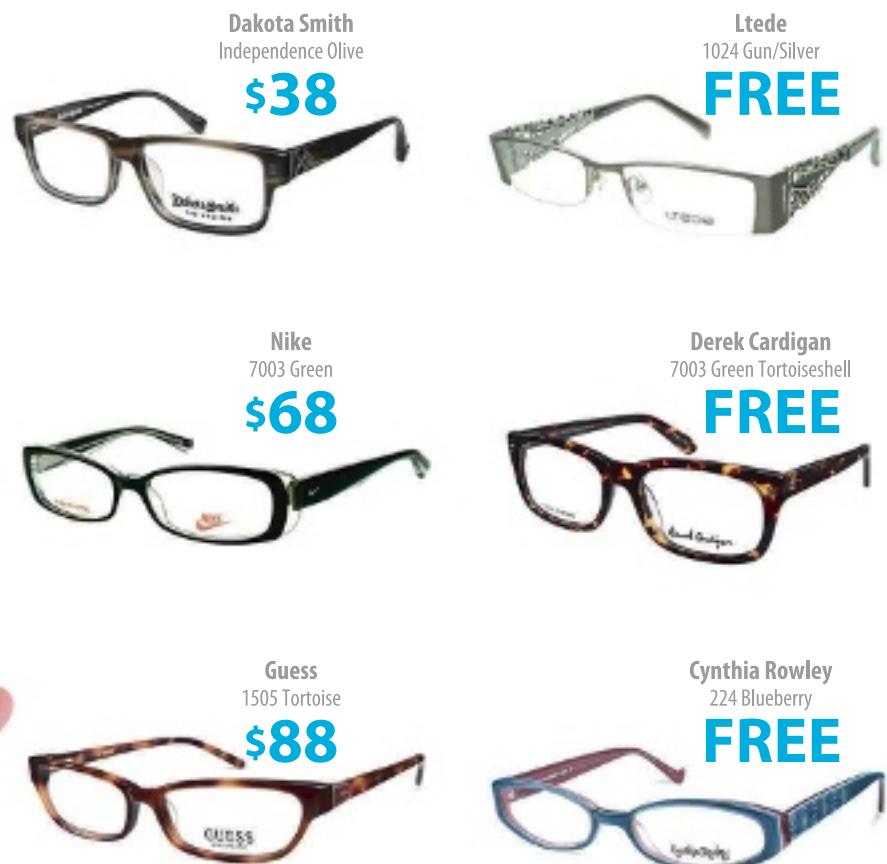
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